



PERSONAL TRAINING RATES

EFFECTIVE JANUARY 1, 2011

INDIVIDUAL RATES

ONE SESSION.....	\$ 50.00
THREE SESSIONS.....	\$135.00
SIX SESSIONS.....	\$240.00
TWELVE SESSIONS.....	\$400.00

Non-member RATES

ONE SESSION.....	\$ 55.00
THREE SESSIONS.....	\$150.00
SIX SESSIONS.....	\$270.00
TWELVE SESSIONS.....	\$460.00

RATES FOR TWO MEMBERS

(TRAIN WITH A BUDDY, SPLIT THE COST)

ONE SESSION.....	\$ 60.00
THREE SESSIONS.....	\$165.00
SIX SESSIONS.....	\$300.00
TWELVE SESSIONS.....	\$450.00

ALL SESSIONS ABOVE ARE ONE HOUR SESSIONS

Small Group PERSONAL TRAINING*

GROUP PERSONAL TRAINING WORKOUTS OFFERED IN 8 WEEK SESSIONS

1 SESSION PER WEEK (8 SESSIONS).....	\$99.00
2 SESSIONS PER WEEK (16 SESSIONS).....	\$159.00

INQUIRE WITH TRAINER ABOUT DATES AND TIMES OF THESE SESSIONS, sessions run in consecutive weeks

Personal Training Consult and Design

Meet with one of the DFC trainers for a goal setting session, have a custom program designed. Meet a second time to learn how to do it.....\$59.00